



Peri-Menopausal & Post-Menopausal Allies

General Herbal Tinctures

- Herbalist & Alchemist's Women's Tonic Formula, 20-30 drops, 3x/day, for 3-6 months. Can double dose. Great balancer & female tonic, good for menstrual problems.
- Vitex (Chaste Tree Berry) 20 – 40 drops, 3X/day. The preeminent re-balancing tonic herbs for menopause.
- Herbalist & Alchemist's Women's Transition Compound: 40-60 drops, 4-6X/d, for 3-6 months. Good for menopausal discomforts such as hot flashes, night sweats, skin crawling, insomnia, anxiety & depression.
- Black Cohosh 10 – 60 drops, 3x/day, good quality herbal capsules 1-2/day or sip 1 cup of infusion throughout the day. Avoid if having problems with flooding.
- Motherwort is helpful for acute emotional situations. Take between 5 - 30 drops as needed. Or try taking 10-20 drops 2 X day. Passionflower, Hops and Lemon balm are also helpful in acute situations, either as tincture or tea.
- Ginseng (Panax): (Avoid taking Vitamin C within 3 hours). Take with 100-200IU Vit E or a teaspoon of wheat germ or flax seed oil to double the effect. 5-40 drops of fresh root tincture, 1-3X/d. 4-8 oz dried root tea/d. Chew a piece of dried root, approximately ½ to 1 inch long, every day.
- Dong Quai: 10-40 drops/1-3X/d. 4-8 oz dried root tea/d. Chew a piece of dried root, approximately 1/8 to 1/4 inch long, 2-3X/d. Avoid with heavy bleeding, fibroids, concurrent use of aspirin or blood-thinners. Can alternate use of Ginseng and Dong Quai every 2 to 4 weeks.

General Herbal Teas

- Oatstraw: drink as many cups as you can.
- Nettle: 1-3 cups/day
- Red Clover
- Raspberry Leaf: 1-3 cups/day
- Sage
- Alfalfa

Supplements

- Tocotrienols (A Vit E derivative) 1-2/caps before bed. Great for ending hot flashes!
- B complex, 50 mg/day
- Zinc 50 mg/day
- Calcium: Your goal is 1000-1500 mg/day. Always combine with magnesium, approximately ½ to 1/3 the calcium dose. Calcium Citrate Maleate is the most easily absorbable form. Calcium-fortified orange juice is an excellent absorbable form.
- Vitamin E 400 IU, 2x/day
- Plant oils rich in GLA (gammalinoleic acid): Flax seed, black current seed, borage, and evening primrose. 1 - 3 capsules, 3x/day

Self-Care

- Exercise: 30 min/day of aerobic exercise, in the morning
- Stress Reduction: yoga, meditation
- Processing: journal-writing, counseling, support groups

Bach Flower Remedies

- Mustard: Sudden deep melancholy for no apparent reason
- Gorse: Feel like nothing will lift your depression
- Sweet Chestnut: Great anguish
- Wild Rose, Larch, Gentian: Alleviate: Apathy, resignation, despondency, inferiority, despair, hopelessness, discouragement, self-doubt, intense descending gloom.

Homeopathics

- Arum Metalica: frequent suicidal thoughts, feels cut off from love and joy.
- Sepia: just wants to be left alone, disinterested in sex, snappish and angry.
- Calms Forte: depression with crying.

Nutrition

- Calcium is essential. I recommend 3 or more servings of calcium-rich foods a day, especially green leafy vegetables such as collards, broccoli, kale, turnip or mustard greens. Dried fruit is also a good source. Calcium-rich herbs: nettle, sage, chickweed, red clover, comfrey, raspberry leaf, oatstraw.
- High-quality dairy products are great as long as you can digest them.
- There are also foods that act synergistically to help with absorption and utilization of calcium. Vitamin D is available in nettles or in alfalfa. Fish such as salmon, halibut and mackerel, free-range eggs. Get 20 minutes of sunshine. Vitamin K: potatoes, yogurt, molasses, leafy greens, green tea, kelp, nettles. Magnesium: Oatstraw, kelp, nettle, sage, horse-tail. Boron: fresh (preferably organic) fruits and veggies.
- Excessive protein and excessive phosphorus leach calcium from your system. Avoid excessive protein, especially non-organic meats and dairy products. Moderate amounts of organic meat & dairy is OK.
- The 'whites', processed foods and carbonated beverages contain huge amounts of phosphorus. Eat whole grains. Avoid the whites (white flour, white sugar and salt). Avoid: coffee, cola, and caffeinated tea. Replace with green herbal teas. Avoid excessive salt.
- Eat foods rich in estrogen precursors: Soy foods, yams, and pomegranate (including seeds)

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